



atomic indoor sports

Indoor Netball League

The Atomic Indoor Sports Centre would like to welcome all teams to our Indoor Netball League.

The following rules have been designed to maintain a standard of sportsmanship, so that all individuals and teams may have the freedom to compete and enjoy the game.

We suggest that all competing teams read carefully, to avoid any confusion that could result in your team being penalized.

Taking the Court/Court Conduct

No abusive or offensive language directed at either the umpire or opposing players, or physical abuse will be tolerated by the Centre, and will result in disciplinary action being taken against the offending player, at the discretion of the management.

1. All teams must be in uniform tops (style and colour) **2 point penalty for every variation**
2. No Jeans. No singlets.
3. Rubber-soled sports shoes only (no touch shoes)
4. No jewellery (**wedding bands only, if taped**) no visible piercings.
5. No long nails. Cotton gloves are provided if you don't wish to cut your nails.
6. No hair clips/slides (that could cause injury)
7. No hats/caps.
8. No chewing/eating or drinking on court.
9. 6 Players on court. Mixed teams must have minimum 1 male, maximum 3 males on court (one of 2 optional subs can be male) **Maximum 8 players on team card.**

Respect the Umpire – Their call is final. Should you have any queries re a ruling given by the Umpire, approach him/her at the end of a quarter, or full time, to ask for an explanation.

1. All teams to arrive **10 minutes prior** to game start time.
2. Game cards to be completed (Christian & Surname) and **team fee to be paid before bibs are issued, and the team takes the court. NB Team fee is \$42.00 not \$7.00 per player.** Names cannot be added to the team card once the game has started.
4. A player may register for teams in different grades, and may **guest twice only** for another, in the same grade. **A maximum of two players from a higher grade per team.**
5. **72 hours notice** to be given if your team, for reasons beyond your control, cannot make a game. The game will be deferred till later in the competition, at the discretion of the management.
NB: Shortage of players is not sufficient reason.
6. **A fine of one team fee will be incurred if your team defaults** (to be paid before you may take the court again), plus a penalty of -10 points.
7. Late arrival of players incurs a 2 point penalty (awarded to opposing team) for every minute late, up to 9 minutes. After this time, the game will be deemed to be a default.

8. **If your team defaults twice you will automatically be disqualified from the competition.**
9. All players to be registered **before taking court.** (Penalty for unregistered player -10 points)
10. All players to have played at least **1/3 of minor games** to qualify for semi finals and finals, **including one game from the first four games** of the competition league.
11. The Umpire holds the official score card.

**No Smoking No Alcohol
On Premises**

Indoor Netball Rule Books are available from the Office – cost \$1.00